**DINNER DATES**
DRIED FRUIT ADDS SWEETNESS TO DATE-NUT PASTA {page 16}

**THAT'S A LOT OF LAUGHS**
COMEDY FEST MARKING 10 YEARS {page 10}

# BORN TO BE
## GOING GAGA AS METRO'S GUEST EDITOR

{page 9}

WINNIPEG metro®

Thursday, April 7, 2011
www.metronews.ca

News worth sharing.

**Fire.** Fallout

▶ Myrna Ferland, about five months pregnant, is seen shortly after being rescued from her burning home.

MORGAN MODJESKI/FOR METRO

## Mom-to-be miffed over care

**A rescued North End resident says she walked away from the hospital after medical staff couldn't find her chart. Story, page 3.**

# Fans left in lurch after tix for Folk Fest sell out

- Large number of tickets were sold even before the festival lineup was announced
- Winnipeg Folk Fest says security is tight for those trying to sneak in

**MORGAN MODJESKI**
WINNIPEG@METRONEWS.CA

Camping passes for a popular music festival have sold out months earlier than normal, leaving would-be campers scouring the Internet for tickets.

The Winnipeg Folk Festival's camping passes officially sold out Monday, compared to late spring or early summer in previous years.

"The festival is growing in scope and ambition, but the campground hasn't reflected that growth," said Palmer Fritschy, a St. Vital resident who attended Folk Fest for seven years.

"Camping is a big part of the festival experience and festival organizers should recognize that and compensate for ... growth," he added.

**"The festival is about the music first, and the festival campground second."**
**MARGARET KOSHINSKY, FOLK FEST**

A festival official said camping tickets are selling out faster every year, but they do not plan to add more sites.

"The capacity of the campground is something that's set with both the RCMP and the park authorities, and it's a number we feel is manageable," said Margaret Koshinsky, manager of communications.

Campground tickets are being sold for above purchase price online. Koshinsky advised those looking for ticket resales to be careful, adding scalping tickets is illegal.

1 news

# Event helps give career direction

Where do you want to be in five years? Get a clue at the Rotary Job Symposium at the Convention Centre today.

Ten thousand students and 5,000 others are expected to take in the event, which features hundreds of booths and dozens of speakers.

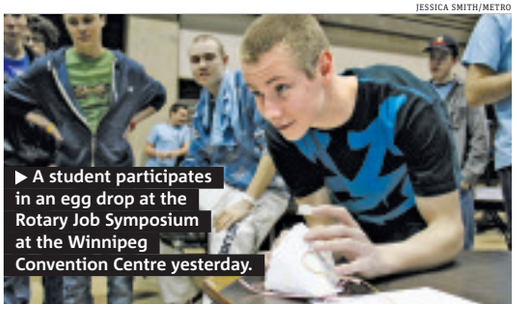
Today is the second and last day. JESSICA SMITH

**Dos and don'ts**

**Chairman Roy Vallance gives some advice on how to make the most of the symposium.**

- **DO:** Lots of booths, little time. Do some research first at career-symposium.org.
- **DO:** Bring a resumé just in case.
- **DO:** Plan to network, pick up business cards.
- **DON'T:** Expect a job interview today. Follow up with contacts to set one up.
- **DON'T:** Dress a mess. First impressions are lasting.
- **DON'T:** Miss out on fun activities, including the Engineer Innovation Challenge at 11:30 a.m.

JESSICA SMITH/METRO



▶ A student participates in an egg drop at the Rotary Job Symposium at the Winnipeg Convention Centre yesterday.

# Baby Gaga plays it cool over nomination

**▶ Winnipeg's 10-year-old YouTube sensation is nominated for Best Fan Cover ▶ Thrilled Gaga will edit Metro**

JESSICA SMITH
@METRONEWS.CA

Maria Aragon is excited to be nominated for an MTV O Award, but she wasn't the first to know.

"When I went to school people were congratulating me on this award that I got, but really I didn't know that I won an award until they started congratulating me," the 10-year-old YouTube star said yesterday. "But it feels pretty cool because I'm up against a lot of good YouTube artists and I've never been nominated for an award before."

She added that she's excited her idol will guest edit Metro newspapers on May 17.

**"Lady Gaga's really good at what she does and being a newspaper editor seems pretty cool, so I think she'll enjoy it and do a really good job."**
MARIA ARAGON

MTV hasn't contacted Aragon's family yet. They found out about Maria's nomination on Twitter. The new O Awards celebrate online music. Vote on Facebook and Twitter. Info at omusicawards.com.

JESSICA SMITH/METRO

▶ Maria Aragon at her Winnipeg home yesterday.

Centuries-old tsunami warning saves residents of Japanese village. Scan code for story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

**On the web at metronews.ca**

**The greenhouse roof of a Montreal office building is a new home for farm-fresh vegetables. Video at metronews.ca.**

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# Harper-Aragon duet pulled from YouTube

Imagine: Prime Minister Stephen Harper yanked from YouTube. It's easy, if you try.

One version of Harper's campaign duet with 11-year-old singing sensation Maria Aragon of Winnipeg has been pulled from the video-sharing website.

Lenono Music, the company that holds the copyright to the John Lennon composition, Imagine, reportedly took umbrage at the unauthorized use of the song.

"This video is no longer available due to a copyright claim by Lenono Music," a notice on the site says. "Sorry about that."

Oddly, there are countless other clips of the duet on YouTube that have not been removed.
THE CANADIAN PRESS

## News in brief

### More funding for schools

**EDUCATION.** The province announced yesterday the creation of a new bureaucratic unit devoted to early childhood education as well as $300,000 funding for school divisions. Schools that have shown to be more vulnerable will be targeted. JESSICA SMITH

### RCMP rescues stranded men

**POLICE.** RCMP have rescued five men who were stranded on a winter road for two nights in northeastern Manitoba after a car accident. Police used a helicopter to find the men.
THE CANADIAN PRESS

# Rescued woman leaves hospital

**Pregnant North End resident says she was asked to jump from roof, but feared for unborn baby's life Says all possessions were lost in the fire**

MORGAN MODJESKI
WINNIPEG@METRONEWS.CA

A pregnant woman rescued from the roof of her burning North End home early yesterday morning claims she walked out of the hospital because medical staff couldn't find her chart.

Myrna Ferland, 26, said she received treatment for smoke inhalation, had her arm frozen and had a blood sample taken upon arrival. But that seemed to be it for attention from Health Sciences Centre staff.

"They didn't have my file on chart, my name was not there and I was there all night, so I just left," said Ferland, who is five months pregnant. "They didn't want to help me."

**"I felt alone, I felt like I couldn't go through it. I couldn't look at my house."**
MYRNA FERLAND

The Winnipeg Regional Health Authority is looking into the incident, said spokesperson Heidi Graham.

According to city officials the fire took place at 527 Pritchard Ave. and broke out just after 3 a.m. Water and smoke damage was extensive and the cause of the fire is listed as accidental. Damages are estimated at $250,000.

MORGAN MODJESKI/FOR METRO

▶ Crews clean up the remains of 527 Pritchard Ave. Inset: Myrna Ferland

## News in pictures

PHOTOS
1. MORGAN MODJESKI/FOR METRO
2. MORGAN MODJESKI/FOR METRO
3. CONTRIBUTED

**1** Micaela Reeve passes a sandbag to a volunteer at her parents' home in South Winnipeg. The flood crest in Winnipeg could be in the last week of April to the first week of May, Provincial officials said yesterday. JESSICA SMITH

**2** Participants of Mardi Growl show off their costumes at the Fairmont Winnipeg yesterday. Money raised from the event will go to the Winnipeg Humane Society. MORGAN MODJESKI

**3** Premier Greg Selinger marked the official start of construction of a new $4.2-million health-care centre at Keewatin Street and Burrows Avenue yesterday. JESSICA SMITH

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# Iggy boots one, questioners put boots to Harper

- Ignatieff dumps candidate who called aboriginals 'featherheads'
- Why are Tories ejecting some voters? Rooms are too crowded, says PM

HANDOUT PHOTO/THE CANADIAN PRESS

▶ Joanna MacDonald, a fourth-year environmental sciences student at Guelph University, says she was barred from a school event featuring Stephen Harper likely because of her environmental activism. "I was really shocked and kind of horrified that I was screened," she says.

Election 2011

A Liberal candidate in Quebec who once described aboriginal people as "featherheads" and questioned their work ethic was dumped yesterday.

The Liberals swiftly jettisoned Andre Forbes, a faint-hope candidate in a northern Quebec riding where they placed a distant third in the last election.

Forbes got the boot after leader Michael Ignatieff was questioned about the candidate's previous role as founder of a group called the Association for the Rights of Whites.

"The reported remarks of this candidate are utterly unacceptable," Ignatieff said. "They do not reflect Liberal values."

Forbes is also a member of Metis Côte-Nord, a group that has denounced "special treatment" for minorities.

**"I think we're having good success getting people to come out."**
**STEPHEN HARPER**

Meanwhile, Prime Minister Stephen Harper took heat for his own party's ejection tactics.

For a third straight day, he was questioned about why people with perceived links to the Liberals or NDP are being kicked out of his events.

His reply: Because the rooms are too crowded.

"Far more people come out to hear us than the other guys have," Harper said in Markham, Ont., a vital battleground. **THE CANADIAN PRESS**

## He wants a Mideast revolt — in Canada

The first commander of Canadian forces in Afghanistan says Canada's democratic system is not working and needs an overhaul like that taking place in the Arab world.

Pat Stogran urges young Canadians to get involved in the political process and engineer change.

Stogran left his job as veterans ombudsman amid controversy over the Conservative government's treatment of former soldiers.

He says Canadians are "sick of our democracy" the way it now functions, and know nothing will change once the promises are made and ballots are cast.

Stogran wants "grassroots movements like we saw in Cairo, Tunisia and Libya." **THE CANADIAN PRESS**

**TV DEBATES**

## 12-minute bout for Ignatieff

Michael Ignatieff will get the one-on-one showdown he wants with Stephen Harper — sort of.

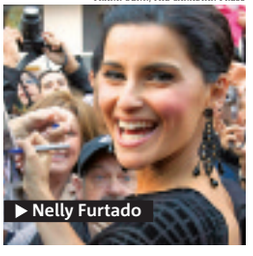
Iggy will face off against the prime minister for a total of 12 minutes in next week's nationally televised campaign debates.

All four leaders will get face time with each of their opponents during Tuesday's English debate and the April 14 French debate — both of which are returning to a more traditional format.

Gone is the round table from the 2008 debates that was supposed to liven up the discussion. The lecterns are back. **THE CANADIAN PRESS**

## Nelly's tweets music to young voters' ears?

FRANK GUNN/THE CANADIAN PRESS



▶ Nelly Furtado

Nelly Furtado has launched a Twitter campaign to encourage young people to vote in the federal election.

The 32-year-old Victoria songstress has tweeted about almost nothing else in the past week.

She's dished out tips to students who will be voting outside their riding, linked out-of-country citizens to forms on the Elections Canada website and has reminded her nearly two million followers about non-democratic countries where citizens aren't allowed to vote.

The Promiscuous singer also encouraged her followers to get educated on the issues, and provided other helpful tips.

She tweeted yesterday that those who are working on election day are legally allowed to take three hours away from the office to cast a vote. **THE CANADIAN PRESS**

## Layton on health: Be very afraid

NDP Leader Jack Layton says the shape of the health-care system for decades to come will be decided by who is elected on May 2.

If Prime Minister Stephen Harper "is in charge of the future of health care in our country then Canadians should be very, very worried," Layton said in rural B.C.

He added: "They want to leave it to the provinces knowing the provinces don't have the resources that are necessary." **THE CANADIAN PRESS**

## Catholics cite clash with Easter

Catholic bishops are concerned that advance polling days fall over the Easter weekend.

The president of the Canadian Conference of Catholic Bishops has written to the chief electoral officer asking him to accommodate Catholic staff or volunteers.

Bishop Pierre Morissette says Catholics who are Elections Canada staff and volunteers have expressed concern about having to work on those days. **THE CANADIAN PRESS**

# Gbagbo under fire

**Ivory Coast strongman remains put as fighting ensues at his doorstep His soldiers seen abandoning posts**

Heavy arms fire rang out yesterday near the home of the country's strongman who remained holed up in a subterranean bunker, as forces backing his rival assaulted the residence to try to force him out, diplomats and witnesses said.

Forces protecting Laurent Gbagbo appeared to rally last night, pushing back the armed group fighting to install democratically elected President Alassane Ouattara.

A spokesman for Ouattara's fighters, Yves Doumbia, said their forces breached the gates of the ruler's compound, only to be repelled by arms fire.

"We retreated but we are preparing for a second assault," Doumbia said by telephone.

Gbagbo has suffered debilitating losses in the past two days. United Nations Mi-24 helicopters attacked and destroyed his arms depots on Monday. On Tuesday, his soldiers were seen abandoning their posts across the city, some rushing inside a church to tear off their uniforms and dump their weapons before discreetly exiting in civilian clothes.

A spokeswoman for Ouattara said earlier on France-24 television that the forces would eventually succeed in forcing out the leader who has refused to cede power after losing a November election.

THE ASSOCIATED PRESS

**Political rivals**

**The 65-year-old Gbagbo, a former history professor, appears to have calculated his rival's weakness.**

- Opponent Alassane Ouattara knows he needs to take Gbagbo alive in order to maintain international support and avoid further alienating the 46 per cent of the electorate that voted for Gbagbo in last year's election.

REBECCA BLACKWELL/THE ASSOCIATED PRESS

▶ A soldier loyal to Alassane Ouattara wears an antique gas mask as he waits to deploy with other soldiers at a checkpoint at one of the entrances to Abidjan, Ivory Coast yesterday.

# Pop star's latest tune is to lead Haiti out of misery

Haiti's pop star president-elect is making the media rounds to thank voters for his easy election victory while showing off a persona considerably toned down from his extravagant bad-boy days on stage.

With Haitians wondering how the charismatic Michel (Sweet Micky) Martelly will approach governing, he showed up in a conservative grey suit Tuesday to hold his first news conference a day after election results were announced.

As he did on the campaign trail, the 50-year-old Martelly avoided any specifics about how he would lead, but appeared as far as possible from his outrageous stage persona as he spoke of reconciliation with political opponents and improving the lives of people in the most desperate, star-crossed nation in the Western Hemisphere.

"I would like to say first that I have always had the desire to change my country," he said.

RAMON ESPINOSA/THE ASSOCIATED PRESS

▶ Haiti's presidential candidate Michel (Sweet Micky) Martelly captured nearly 68 per cent of the vote in the presidential election runoff, according to preliminary election results released Monday night.

Haiti is confronting daunting challenges on numerous fronts, including the stalled reconstruction from the January 2010 earthquake, a cholera outbreak, hundreds of thousands of homeless and more than half the population unemployed.

Asked about his priorities for his first three months in office, Martelly, who has never held office, dodged the question like a seasoned politician: "Our common sense tells us that in the 100-day period, we will barely have the time to build a small house."

THE ASSOCIATED PRESS

**Bad-boy rep**

**Martelly is best known for his wild antics playing "compas," Haiti's version of merengue.**

- He donned diapers and dresses, mooned the audience and cursed his rivals

# Does size matter in gubernatorial bid?

A New Jersey four-year-old shown complaining on a YouTube clip can stop crying.

Gov. Chris Christie signed a proclamation yesterday making Jesse Koczon the state's honorary governor for the day.

On the video, Jesse's mother asked him why he was upset. Jesse replied, "Cause everyone tells me I'm too small to be the governor of New Jersey."

THE ASSOCIATED PRESS

**"People gave plenty of reasons why I couldn't be Governor, though being too small wasn't one of them."** GOVERNOR CHRIS CHRISTIE RESPONDED ON TWITTER

# Divorce is pricey for Romania's Catholics

The Romanian town of Sangeorgiu de Mures, where many of the 8,000 residents are Catholic, is charging a whopping 10,000 lei ($3,370) for divorces — 2,000 times more than what it would cost in Bucharest, the capital.

Several months ago, a new law went into effect in Romania allowing some couples to be divorced by town hall officials.

Each municipality can set the fee, and huge discrepancies have emerged.

Town officials said yesterday the goal is to discourage divorce and that it appears to be working, since three unhappy couples decided to remain husband and wife after seeing the bill, which is nearly 60 per cent of an average annual salary.

THE ASSOCIATED PRESS

# Pepper-sprayed boy's mother responds

The mother of an eight-year-old boy pepper-sprayed by suburban Denver police as he threw a violent tantrum at his elementary school said yesterday that she wishes authorities had chosen to talk him down instead.

Police in Lakewood say they pepper-sprayed Aidan Elliott twice on Feb. 22 at Glennon Heights Elementary School after he refused to drop a piece of wooden wall trim that he was trying to stab them with.

"I wanted to make something sharp, like if they came out, 'cause I was so mad at them," the boy said on NBC's Today show. "I was going to try to whack them with it."

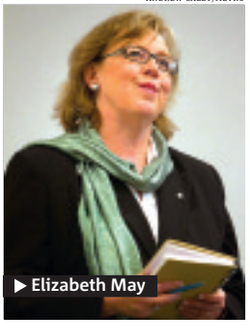
THE ASSOCIATED PRESS

# Party stripes will not matter at rally: May

## Canadians angry about consortium's decision to hold her out of debates, Green party leader says

ANDREW CALEY
WINNIPEG@METRONEWS.CA

ANDREW CALEY/METRO



▶ Elizabeth May

It doesn't matter if you bleed green, Tory blue, Liberal red, or NDP orange. Elizabeth May wants everyone to come out in what she calls supporting democracy.

The federal Green party leader is holding five "rallies for democracy" across the country over the next five days. This, she said, after all efforts to be included in next week's two national leaders' debates came up short.

May is hoping to raise Green party support at the rallies, but also said yesterday people of all political parties and backgrounds are welcome to come talk about what really matters to Canadians.

"I'd love to see all people come — see NDP and Liberal and even Conservative candidates if they feel like coming," she said in a phone interview yesterday. "We'll give them the microphone. This is about democracy."

FRED CHARTRAND/THE CANADIAN PRESS

▶ Governor General David Johnston holds a new coin he struck at the Royal Canadian Mint in Ottawa yesterday. The Royal Canadian Mint unveiled its latest collector coins commemorating the wedding of Prince William and Kate Middleton.

## New coins salute Royal wedding

The Royal Canadian Mint has unveiled a pair of collector coins commemorating the wedding of Prince William and Kate Middleton.

The two coins marking the planned April 29 royal nuptials — a $20 silver coin and a 25-cent piece — go on sale April 18 and May 2 respectively, but the mint is taking orders now.

The design of the $20 coin, created by portrait artist Laurie McGaw of Guelph, Ont., includes a sapphire-coloured crystal embedded within, reminiscent of the 18-carat engagement ring worn by Kate.

The nickel-plated 25-cent piece — which will cost $25.95 — has a coloured photo reproduction of the royal couple based on a photograph taken at the 2008 wedding of a friend in Austria.

THE CANADIAN PRESS

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PROSTITUTION SCANDAL

## Moroccan teen says media, not PM, damaging

The Moroccan teen at the centre of the underage prostitution scandal enveloping Italian Prime Minister Silvio Berlusconi insists any damage she has suffered has been at the hands of the media, not the Italian prime minister.

Neither Karima el-Mahroug, better known as Ruby, nor Berlusconi were present at the opening of Berlusconi's trial yesterday on charges he paid the teen for sex when she was underage, and then used his influence to try to cover it up.

Both have denied ever having had sex with each other — and Ruby is not budging from that line.

Named an injured party by the prosecution, el-Mahroug could have petitioned to become a civil complainant in the trial, which would have allowed her to seek monetary damages in case of conviction and also question witnesses in the case.

But, her lawyer said, it also would have been a tacit admission of the prosecutors' allegations.

"This contrasts with what Karima has always declared. She has always said she never the object of sexual acts by Premier Berlusconi, and she has never made the choice to be a prostitute," Paola Boccardi said.

THE ASSOCIATED PRESS

# Boat capsizes in Italy

**Vessel was carrying 300 migrants from Libya in rough seas 250 are unaccounted for Reports say the boat had likely been at sea two days**

The boat capsized off the Italian coast early yesterday, about 64.37 kilometres off the coast of Lampedusa, an island closer to North Africa than Italy. Survivors told of desperately trying to reach rescue boats as those unable to swim screamed in the darkness and pulled one another under the water.

If the number of dead is confirmed, it would prove the deadliest crossing to Italy in recent memory, and the worst refugee disaster since a wave of migrants began arriving on Italian shores in January following popular revolts in Tunisia, Egypt and Libya.

The Italian coast guard rescued 48 people yesterday and a fishing boat picked up another three after the boat began taking on water shortly after 1 a.m.

**"These people were refugees twice. I appeal to all those patrolling the Mediterranean Sea to do everything they can to help ..."**

ANTONIO GUTERRES, UN HIGH COMMISSIONER FOR REFUGEES

The commander of the fishing boat described what he said was a terrifying scene. "What we saw was incredible: Heads were coming in and out (of the water) and people were screaming," Francesco Rifiorito said.

THE ASSOCIATED PRESS

GIORGOS MOUTAFIS/THE ASSOCIATED PRESS

▶ Survivors arrive at the Lampedusa harbour in southern Italy, yesterday. Italian coast guard officials were trying yes terday to rescue migrants lost at sea after their boat capsized off the coast of Lampedusa, a tiny Italian island.

CORPORATE TAX CUTS

## Take the money and run?

Companies that reaped the most benefit from a massive tax reduction over the past decade underperformed on job creation, the Canadian Centre for Policy Alternatives says. The finding appears to undermine the Conservative government's rationale for pressing ahead on corporate tax cuts.

The Ottawa think-tank tracked the job-creation record of 198 of Canada's leading companies from 2000 to 2009. During that period they reported a 50 per cent increase in profits and paid 20 per cent less in taxes. But from 2005 to 2010, their employment grew by only five per cent, less than the six per cent average for the entire economy.

Private sector economists argue that reducing corporate taxes makes Canadian firms more competitive, resulting in more jobs. But the CCPA says the companies studied mostly pocketed the cash.

THE CANADIAN PRESS

### Market moment

PRICES AS OF 5 P.M. YESTERDAY

| TSX | Dollar | Oil | Natural gas |
|---|---|---|---|
| – 67.88 (14,202.65) | + 0.37¢ (104.12¢ US) | + 49¢ US ($108.83 US) | 1,000 cu ft $4.208 US (– 2.3¢ US) Gold contracts $1,459.10 US (+ $6 US) |

# Joltin' joe: Price of coffee takes flight

CHRIS YOUNG/THE CANADIAN PRESS

▶ The worst rains in decades in major coffee grower Colombia have created a breeding ground for a fungus that attacks coffee plants. That, and growing demand in China and India, has caused world stockpiles to dwindle and chains such as Tim Hortons to raise prices.

### Higher food costs expected to hit restaurant meals by the fall

As higher prices percolate at the country's largest coffee chain, Canadians should brace themselves to pay more for restaurant meals as well, experts say.

Tim Hortons customers will pay seven cents more for a large cup of coffee starting Monday. That brings the cost to $1.57 plus tax. With the price of wheat rising 68.4 per cent over the past year, Tim's is also raising the cost of some baked goods, a spokesman said.

Tim Hortons' 4.5 per cent coffee-price increase is in line with predictions of a five to seven per cent boost in the price of food by the end of the year, said Adrienne Warren, senior economist at Scotiabank.

The price of coffee, wheat, sugar, beef and other commodities started rising about nine months ago, and it takes about that long for costs to work their way down to consumer wallets, and to restaurants, she said. The higher price of oil and gas used to deliver food adds to the cost.

Some major Canadian food manufacturers are also charging more. Maple Leaf Foods raised its bakery prices by 20 cents per unit at the end of last month, and breadmaker George Weston Ltd. is charging five per cent more for its products. THE CANADIAN PRESS

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- At least 3 yrs experience in retail sales, media sales is an asset
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- Proficient in Microsoft Office including PowerPoint, Excel, Word & Outlook
- Attention to detail and thoroughness in the execution of tasks
- Creative, efficient, flexible, entrepreneurial, collaborative & detail oriented
- Strong communication abilities: writing, presentation and design
- Proven track record in profitable selling

**Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than April 11, 2011. PLEASE QUOTE: "Retail Sales Account Manager - Winnipeg" in the subject line. All submissions will be treated as confidential.**

metro

He says ...

**JOHN MAZEROLLE**

# FIGHTING THE GOOD FIGHT

**Because your partner is so often wrong, conflicts are a normal part of any relationship.**

If you never argue, your relationship may have fundamental problems — such as an imaginary partner constructed from the shattered pieces of your psyche. Or a dead partner who, to you, just looks a little blue. Nobody wants to argue. But it's inevitable. Observe two typical arguments that come up between every couple.

Problem No. 1: She is upset because he left the toilet seat up, causing her to extend her arms for a moment to put the lid down. He counters that she leaves the lid down all the time, reducing his target area, then complaining when his aim falters.

Problem No. 2: He is upset because he wants to see the action flick Terminal Explosion 2 while she wants to see Love In The Time Of Whooping Cough. They compromise by seeing Last Airbender 2: The Second-Last Airbender and both go home miserable.

As you can see, the only possible solution is a good argument. That's why I have prepared the following guide for fighting the good fight. You're welcome.

**Know your place:** Sometimes it's best to hold your fire, even when you are right. For instance, never say, "That is the ugliest wedding dress I've ever seen" unless you are well in front of the congregation.

**Take time outs:** This allows your partner to think about just how wrong they are. Then, when they have relaxed, you pounce.

**Use laughter:** Make light of your partner's clothing, hair, or speech impediment to diffuse the tension, then watch the love grow.

**Avoid broad statements:** Never use broad, sweeping statements like, "I hope you burn in hell!" Instead, try more specific, realistic statements like, "It is my great wish that you will spend the rest of your life in a Saudi prison." From here, the healing can begin.

**Yell:** Screaming at the top of your lungs is a way of letting your neighbours know that you are so confident in this particular argument that you are willing to share its finer points with the entire neighbourhood, that they might scrutinize them.

**Practise:** You will never get good at bickering unless you do it every day.

**Be prepared:** If it's the male causing the problems — and it is — then couples may want to reduce the chance of injuries by purchasing a Nerf-brand Throwing Shoe.

And that's my advice. The only other tip I might give is never go to sleep angry. Every satisfactory argument should have a proper ending, much like a proper newspaper column.

So there.

*Read more of John Mazerolle's columns at metronews.ca/hesays*

# Lady Gaga to guest edit Metro May 17 editions

International pop superstar Lady Gaga will be Global Guest Editor-in-Chief for all May 17 editions of Metro ahead of her highly anticipated Born This Way worldwide album release May 23.

In her role as Global Guest Editor-in-Chief, Lady Gaga will highlight issues surrounding equality and individuality, select stories and provide her comments on the breaking news of the day.

Lady Gaga will edit Metro's editions in 20 countries from the London office of Metro World News, Metro's central news desk.

As part of the Global Guest Editorship, Metro will also run a competition where one lucky reader — from one Metro country — will be chosen to serve as Lady Gaga's editorial assistant in London.

**Contest**

- **Stay tuned** to Metro and metronews.ca for more details on how to enter the contest and for exciting exclusives from Gaga.

The contest is open to Metro readers and Gaga fans around the world, and will challenge entrants to share what makes them Born This Way, and to identify what issues of equality affect them.

"Let's see how fans would define what Born This Way is for them," Lady Gaga said. "I say I was born to be brave.

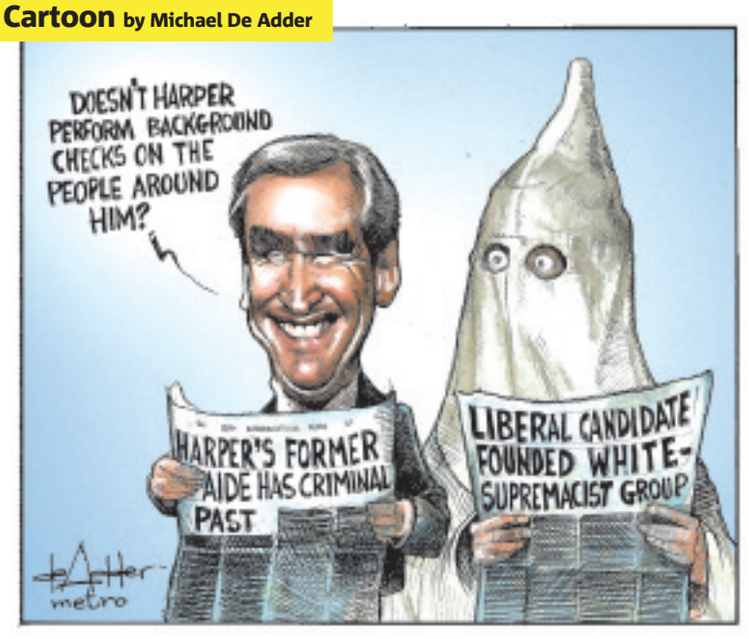
"That's part of my mission in life. I was born to follow my artistic visions. Look into yourself. Are you born to be brave?"

METRO

## Tweets

- **@policyfrog:** If the Bombers really wanted to make the case for their new stadium then maybe they should stop turning profits in the decrepit old one.
- **@wpgemergweb:** Thanks volunteers who registered for sandbagging! Volunteers still needed for coming days. Call 311 to register. #mbflood #winnipeg
- **@lmpdasilva:** Winnipeg is a beauty — gonna bask outdoors in the warm sun :D
- **@WinnipegHarvest:** Generous donors provide 21,937 pounds of food daily to Winnipeg Harvest. Call 982-FOOD to donate.
- **@xjumaux:** The Weakerthans and Comeback Kid are the best thing to come out of Winnipeg since the Jets.
- **@DaskyD:** Apparently there r only two seasons in winnipeg, WINTER and CONSTRUCTION.
- **@Run4theCure_Wpg:** The Winnipeg Run site raised $950,000 in 2010, beating our goal of $885,000 by a mile. Congratulations ...

**Cartoon** by Michael De Adder


DOESN'T HARPER PERFORM BACKGROUND CHECKS ON THE PEOPLE AROUND HIM?
HARPER'S FORMER AIDE HAS CRIMINAL PAST
LIBERAL CANDIDATE FOUNDED WHITE-SUPREMACIST GROUP
deAdder
metro

#ELXN41: BE HEARD

## Your chance to be heard this election

At Metro, we think conversations about the future of our cities are important.

Because of this, we would like the leaders of the federal parties to tell us about their vision for cities, and the role they think cities play within the federation.

Here's the plan: We're inviting the leaders of the five major national parties — Stephen Harper, Michael Ignatieff, Jack Layton, Elizabeth May and Gilles Duceppe — to respond to questions about urban issues.

Want to join the conversation?

Send us your questions on Twitter at @metrowinnipeg, Facebook at facebook.com/metrowinnipeg or at metronews.ca/beheard.

We will send a selection of your questions to each party leader and print their responses in Metro on Wednesday, April 20.

On April 21, our urban affairs team will host an online chat about the responses, and the impact they could have on city life — and we would like you to join us for that, too.

CHARLOTTE EMPEY
EDITOR-IN-CHIEF

metro

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2 scene

# Rae has given city 10 years of laughs

**Winnipeg Comedy Festival director says it's all about the funny when picking the slate of comedians who appear each year**

BACKSTAGE PASS

JARED STORY
METRO WINNIPEG

Thou Shalt Laugh! The Winnipeg Comedy Festival is celebrating 10 years of heavenly (and sometimes heathenish) humour. In the beginning, with its unique theme-based format, the first comedy commandment was to craft original material specifically to topic.

"This year we started with the idea of basic themes like bad luck," says Al Rae, artistic director and co-founder of the festival. "Everyone has a bad luck story and there are a lot of stories you can shoehorn into a bad luck theme or a stereotypes theme, so you serve the theme but also allow people do their best material."

The laughter laws have loosened over the years, but certain comedy criteria are set in stone. Funded by the Canadian Media Fund, the festival must meet minimum Canadian content requirements. This restricts Rae and Co. from booking as many American and international acts as they would prefer, but he says the festival diversifies in other areas.

"I'm politically correct in a good way, without interfering with the quality of the shows," says Rae. "I like to make sure there's a good representation, meaning a number of women comics, a number of ethnic comics and a number of aboriginal comics. These things are important to me. I think it's important to look wider and further because it's very easy to go to the same pool every year."

Of course, the festival's fundamental focus is funny. While containing a certain amount of star power (Howie Mandel, Andrea Martin, Jason Priestley), Rae says it's the festival's reputation that sells tickets.

"For the last three years we've started selling tickets before Christmas, two months before we announce the line-up," says Rae. "I think there's a trust there."

The Winnipeg Comedy Festival runs until April 10. Venue and ticket information is available at winnipegcomedyfestival.com and Ticketmaster.

**Love or hate?**

**Darren Frost.** Hit or miss? Not just the Winnipeg Comedy Festival's most polarizing act, Darren Frost is considered one of the most controversial comedians in Canada. The little ball of hate is featured in the festival's Crossing the Line gala and its annual nasty night The Dark and Stormy Show, Saturday, 9:15 p.m. at the Pantages Playhouse Theatre and 10:30 p.m. at The Gas Station Theatre respectively (or dis-respectively).

CONTRIBUTED

▶ Darren Frost is one the most controversial comedians in Canada. He is just one of the great acts in the line up for Thou Shalt Laugh! The Winnipeg Comedy Festival.

## Scene in brief

James Franco has yet another new undertaking: employee of The Colbert Report. The actor appeared on the Comedy Central program Tuesday and said he wanted to work for host Stephen Colbert.

One of Franco's many interests is performance art, and he said he considers Colbert a great contemporary artist. Said Franco: "You rule. I want to work with you." Franco earnestly pleaded to work for the show as an art consultant, and Colbert pronounced him hired.

THE ASSOCIATED PRESS

In Web video, Billy Crystal returns for ghoulish sequel to When Harry Met Sally

# An amazing connection of a man and his birds

A fancy for pigeons has made former heavyweight boxing champion Mike Tyson the baddest man on Animal Planet.

The ex-fighter with the nasty past and fearsome tattoo is the star of the six-part series Taking On Tyson that documents his life-long relationship with the most urban of birds and his passion for pigeon racing.

His love affair with the birds goes back to his childhood in a rough section of Brooklyn, N.Y., where he was picked on by other boys for wearing glasses and being overweight.

"One day I was walking around school and three or four guys approached me," Tyson recalled this week. "They started checking my pockets, asking for money and then they asked me: 'Do you want to fly with us?'"

"This was pigeon terminology I didn't know. I said OK because I didn't want them to think I was scared."

SUBMITTED

▶ Mike Tyson

The bullies sent Tyson from roof to roof, scaring pigeons back to their roosts, and doing other chores for an afternoon, then sent him on his way. They were surprised to see Tyson back again the next day, volunteering for more.

"That's how I started flying pigeons," he said. He once said his first fight was with a boy who killed one of his pigeons.

A troubled youth and frequent arrests led Tyson to a reform school in upstate New York, where a coach placed him under the wing of legendary fight trainer Cus d'Amato. The rest was history.

Tyson calls pigeons "the first animal I ever connected with."

"People all over the world are going to see it and it's going to broaden people's understanding of pigeons," he said.

THE CANADIAN PRESS

▶ Lindsay Lohan

# Lohan to play Manson victim?

There's at least one person in Hollywood who's eager to work with Lindsay Lohan: Her friend and photographer Tyler Shields, who is planning a movie about Charles Manson. Shields says he's eyeing Lohan to play Sharon Tate, the victim of Manson's crazed followers. "Sharon Tate was a movie star. So I want [an actress who] you already have a back story with. People have a backstory with someone like Lindsay," Shields, who plans on playing Manson himself, tells Entertainment Weekly. "I'm just going to be directing people to do the craziest s--- they've ever done. I want this to really hit people in a really specific place."
METRO

## Celebrity tweets

@oliviawilde
"Cool it, honeybadgers. We are just friends and have been for years."

@charliesheen
"Dear Miley, Welcome back to Twitter! Always felt you were epic... Now you proved it! Thanks for the love!"

@AlbertBrooks
"Just found out I'm being followed by @charlie sheen. Not just on twitter, I think he's outside."

@SarahKSilverman
"If you don't have enough regret in your life, try cutting bangs."

# Angie and Brad: It must really be love

**Actress shows commitment in her usual form Means she's ready to settle down?**

Angelina Jolie sparked new adoption speculation when she showed up in Tunisia with a new set of map coordinates tattooed on her arm.

The actress already has the coordinates for the birthplaces of her six adopted children, so a new set might suggest a new addition to the family, right? Wrong. Sources tell In Touch the coordinates are actually for partner Brad Pitt's birthplace in Oklahoma.

"She got the seventh line right around the time she and Brad moved the kids back to LA.," a source says. "Angelina has finally agreed to Brad's long-standing request to settle down."
METRO

ALL PHOTOS GETTY IMAGES FILES

▶ Brad Pitt and Angelina Jolie

# Pregnant Mariah poses topless

Mariah Carey is just weeks away from giving birth to twins, and she decided to show the world by posing topless for Life & Style Weekly. "I didn't want to miss this opportunity to document this once-in-a-lifetime experience," Carey tells the magazine.

"We didn't start shooting until 1:30 a.m. because I was in the hospital from the night before until the day of the shoot with contractions five minutes apart."
METRO

# Aniston has proposition for George Clooney

Jennifer Aniston is getting fed up with speculation about her love life, but she may have finally found a way to put an end to all of it: enlist Hollywood's other most famous unmarried star, George Clooney. "That would definitely shut up the world," she jokes to Red magazine. "I could call up George, say, 'Hun, let's just get hitched and have kids.' I should take George to lunch and we can figure out how to put an end to all this."
METRO

▶ Jennifer Aniston

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3 life

# How to pull off neon at work

**Day-Glo colours look great on the runway ◆ But in your little cubicle at work? ◆ We road test the season's eye-popping brights**

KENYA HUNT
METRO WORLD NEWS

If you're like me, Day-Glo colours conjure up images of a mixture of things — none of them particularly good. Think the synthetic hair on My Little Pony dolls, George Michael's short shorts in old Wham! videos, flickering Bud Light signs at gas stations and American Apparel leggings.

But in fashion, these cornea-popping brights couldn't be more "haute" courant. Think Christopher Kane's sublime laser cut leather and lace skirts in hot pink, Miu Miu's silk pleated dress in fluorescent yellow, or Jil Sanders bold florals. Blame them for all the candy colours you've been seeing in Zara, Topshop, H&M and the like. The challenge: wearing brights in a way that looks chic and not MTV circa 1983. You're not going to an awesome '80s theme party, after all.

NICK CUNARD

Right about now, you may be imagining your boss balking at the sight of a dress in go-to-hell yellow, a flagrant rebellion against the navy, black and tan of nine-to-five world. Or someone on the train mistaking your neon orange blazer for a safety vest. Don't think about that.

This look can work in the office. There are several foolproof routes you can take. 1) The Small Doses Approach, in which you use neon as a pop of contrast against an otherwise sensibly coloured look. It could be as simple as a neon pink collar poking out from underneath the neckline of a respectable gray sweater, a fluo green belt cinching a nude coloured dress or a brazenly bright orange manicure. And then there's option 2) The Whole Hog Method, in which you take a series of separates in different bold hues (a green pencil skirt, blue button down and yellow trench coat, for instance) and wear them all at once — fashion types like to call it colour-blocking.

I've tried both at work and managed to even get a compliment from our hard-bitten news editor who rarely misses an opportunity to make fun of my fashion-loving ways. Nevermind that he followed the nice words up with this gem: "It's great and versatile. You can use it for cycling at night."

But even if he did crack wise, no worries. The most important rule when it comes to wearing a bold colour is to accessorize the look with your attitude. It's less about what others think of you in the outfit, and more about how you feel wearing it.

## Wearing it

NICK CUNARD

▶ Yours truly, testing out the Small Doses Approach in the office. Suno blouse and dress, sunony.com

**"The challenge: wearing brights in a way that looks chic and not MTV circa 1983."**

## POP GOES THE COLOUR

**MIU MIU**
shoulder bag
▶ $1095, miumiu.com

**MARNI**
ballet slipper flats
▶ $500, marni.com

**ILLAMASQUA**
nail polish
▶ $24, netaporter.com

## Beauty pick

**Bobbi Brown Extra Repair Foundation SPF 25**

Bobbi Brown's latest, Extra Repair, moisturizes, reduces lines and evens out skin tone with a formula that includes glycerin, vitamin E and evening primrose oil. It's so hydrating that depending on your skin type, you can skip your daily moisturizer when you wear it. KENYA HUNT

**BOBBI BROWN**
$55, bobbibrown.com

Princess Diana's famous dresses to hit the auction block in Toronto.

# All yesses for these dresses

When Kate Middleton walks down the aisle later this month to marry Prince William, the would-be brides watching out there will almost certainly home in on her dress. Some wedding dresses leave a legacy beyond the next-day knockoffs. Here are some famous brides who set fashion trends. THE ASSOCIATED PRESS

AP PHOTO/FILE

**Diana, Princess of Wales**
A princess couldn't wear the prairie, bohemian bridal looks that closed out the '70s, and Diana's 1981 gown by Elizabeth Emanuel helped usher in an era of opulence and formality. The shoulders were exaggerated, the skirt full and the sleeves pouffy. The train was 7.6 metres long.

FRED MARCUS PHOTOGRAPHY/BRIAN MARCUS

**Ivanka Trump**
Her 2009 wedding wasn't a global news event, but her lace gown by Vera Wang became a sensation because it showed a fresh, feminine way to wear sleeves — which had largely fallen out of favour. Trump's dress, with its illusion lace neckline, was inspired by Grece Kelly's, although this had a cleaner, more contemporary silhouette.

AP PHOTO/FILE

**Bianca Jagger**
Neither a princess, presidential relative nor movie star, Jagger created a sensation as a fashion rebel when she married Mick Jagger in a Savile Row-made pantsuit, also in 1971. She represented a cool jet-setter, not a princess bride.

AP PHOTO/FILE

**Grace Kelly**
Kelly's gown, made by costumer Helen Rose and the wardrobe department of MGM, was "truly designed by Hollywood," says Martini Bratten. There was a high neckline, a cinched waist and a big ballskirt — all befitting a new royal. But the collar, sleeves and overlay were lace, so there was still a glimpse at the more revealing sweetheart bodice, more in line with what one would expect from a movie star.

AP PHOTO/COPYWRIGHT 1996, DENIS REGGIE

**Carolyn Bessette Kennedy**
The extravagance of the mid-'80s largely went out with the stock-market crash in 1987, and wedding gowns started becoming simpler and chicer. Bessette Kennedy's bias-cut Narciso Rodriguez gown in 1996 became the quintessential wedding dress of the era, says Martini Bratten. "It was sexy, unadorned but beautifully cut. It was modern — and it came about just the time the destination wedding was picking up steam — which it was perfect for," she says.

# Springtime window treatments

## Here comes the sun: Decorating expert Karl Lohnes offers tips on dressing up your windows

DESIGN CENTRE

KARL LOHNES
HOME@
METRONEWS.CA

ISTOCK

▶ Window treatments serve many purposes, such as keeping the sun out and providing privacy. But perhaps most importantly, they dress the windows on the inside and can give your living space an elegant, pleasing look.

It's easy to see why so many people leave their windows barely covered.

Considerations like function, style, colour and cost get most people nervous, allowing a bed sheet to do the job for them. Unless you live in the country, most of us need window treatments not only for privacy, but to keep the sun out and to dress the windows on the inside.

There are three mainstay choices for window trends this spring: draperies, shades and sheers. Here's a quick debriefing of what they're all about and where to use them.

For the past decade we've seen draperies go by the wayside to blinds but the pinch-pleated, fully lined couture-looking drapes are making a return. They are usually installed as inoperable side panels and dress up the room with fabric and colour.

Lush fabrics are what's hottest right now — shiny silks in bright colours and linen in neutral tones are most popular.

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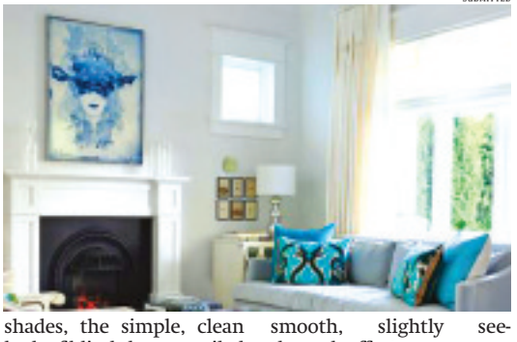

Drapes should be hung ½ above the window for low ceilings and ⅔ above the window in a room with higher ceilings.

Never should the drapery rod be hung just at the top of the window or all the way up at the ceiling.

Draperies should not touch the floor (½ inch off the floor is perfect) which will give them a cleaner, tailored look. They need to have another fabric lining behind for fullness, body and sun protection.

Wondering what colour of drapery fabric to choose? Match it to your wall colour. A shade lighter or darker will work best, for as long as your paint colour is working in the room, then so will the drapes.

Whether it be shutters, mini blinds or sheer shades, the simple, clean look of blinds has prevailed in window fashions for quite a long time. I believe that every window needs some sort of a blind system to filter the light and offer privacy. What's fashion-forward for spring are matchstick-style roman blinds in neutral sand and driftwood tones for a rustic look, or roll-up woven sheer-weave blinds that create a smooth, slightly see-through effect.

Motorized blinds are all the rage in spaces with tall ceilings. One touch of remote (yes, another remote in our lives) and the blinds can be brought up or down.

For longevity, blinds should be similar colour/tone as the window trims. If you have white window frames then your blind should be white. For wooden trims, a neutral linen or pale brown tinged blind will work best.

We all think of sheers as something our grandmother had in the '50s and '60s: shiny, see-through fabric bunched up to the living room window.

Sheers have made a return — they offer privacy and light control when closed and the softness of draperies that blinds cannot give. They are also great looking when stretched wall to wall in a room.

They'll give big impact and help to hide various uneven windows and balcony doors. Look for natural materials for blinds like gauzy linens and cottons (no shine please!).

Good sheers will be custom made to sit ½ inch off the floor and will be weighted at the bottom so they hang straight down for a tailored appearance.

The easiest way to hang them is with a hospital track style rod which sits tight to the ceiling and is barely noticeable. A great option to sheers is the Luminette Privacy Sheers from Hunter Douglas (hunterdouglas.ca).

They have the ease of a vertical blind and the clean-lined look of modern sheers. Sheer-type window treatments tend to look best in fresh, crisp white or in a fabric choice, which is the same colour as the walls.

# Painting wood panelling can be easy and relatively cheap

DIY IDEAS

A trend of the 1960s, wood panelling is found in many old houses.

It commands the room's attention and is often considered an eyesore for homeowners who prefer bright, crisp walls.

Luckily, painting over the wood panelling is incredibly easy and cost-effective.

DIY Network Canada's House Crashers (airing Wednesdays at 9 p.m. ET/PT and 9:30 p.m. ET/PT) offers a step-by-step guide to bringing a room into the 21st century.

**Prep the space**

Before priming and painting, lay down a drop cloth or layers of newspaper to protect the floor. Also, apply painters tape to the ceiling and baseboards to facilitate a clean line finish.

**Prep the wood**

To get the panels ready for their makeover, fill nail holes and other imperfections with caulk. When the caulk dries, sand it down and run a moist cloth over the entire wall to wash away any dust and debris. Unless the panelling is splintered or extra glossy, there is no need to sand the entire wall.

**Prime time**

Picking a primer is an important step when painting wood panelling. An oil-based primer is recommended over a water-based one, because oil-based formulas are more durable.

This means no grease or wood stains will come through and ruin the final finish. Using a paint roller, apply a thin and even coat of primer over all the wood panelling.

Use a paint brush to cover any cracks and corners that the roller didn't reach to ensure that the entire surface is covered.

**Get painting**

Once the primer dries, use a high-quality paint roller to apply one thin and even coat of latex paint.

Again, use a paint brush to get to any spots the roller missed. Allow the paint to dry completely and then apply a second coat for better coverage and a richer colour.

**DIY NETWORK CANADA'S HOUSE CRASHERS AIRS ON WEDNESDAYS AT 9 P.M. ET/PT AND 9:30 P.M. ET/PT)**

ISTOCK

▶ Be sure to use a high-quality paint roller.

# Fit for a living room, meant for outdoors

## There is sunroom and porch decorating that can survive the coming seasons

It's been a long, hard winter in much of the country. Towering snowdrifts, icy roads, freak hailstorms.

For many of us, spring can't come fast enough, and with it the chance to enjoy our porches, patios and sunrooms.

Options abound for making these indoor/outdoor spaces look stylish.

But can we have all that gorgeous style while using durable, easy-to-care-for items that will stay looking good all season?

The experts say yes — if you choose carefully.

"When it comes to materials, now more than ever the gap has been bridged between indoor and outdoor. There are a ton of pieces that look fit for your actual living room, but they're meant to be outdoors," says designer and decordemon.com founder Brian Patrick Flynn.

"A lot of people are beginning to find that perfect outdoor sofa and bring it into their sunroom."

Here, Flynn and two other experts — Los Angeles-based interior designer Betsy Burnham and decorator and design blogger Nick Olsen — offer advice on creating beautiful sunrooms and porches that you can enjoy effortlessly.

THE ASSOCIATED PRESS/HGTV.COM

▶ This photo shows a porch designed by Brian Patrick Flynn for HGTV.com. It shows Flynn's use of license plates repurposed as a privacy screen on a front porch.

### THE RIGHT FABRICS

Outdoor fabrics have come a long way since the plastic-coated 1970s. These designers all praise Sunbrella and other high-end outdoor fabric companies for their wide selection of colours, styles and textures.

"But," warns Olsen, "really good outdoor fabrics don't come cheap." He recommends buying a basic indoor sofa at a reasonable price from a retailer, then recovering just the seat cushions and a few throw pillows in a pricey outdoor fabric.

### THE OLDEST OBJECTS

"Something that's been through a lot already is going to be able to put up with even more," Burnham says. She suggests using vintage furniture and accessories that have already withstood the elements to give porches and sunrooms a dose of personality.

Search flea markets for items made of worn wood and metal. If they become further scuffed, it only adds to the beauty.

THE ASSOCIATED PRESS/HGTV.COM

▶ To add colour, texture and life to a porch, you can turn repurposed aluminum trash bins into mobile planters with the addition of casters.

### THE EASIEST FLOORS

Flynn suggests using porch paint on wood or cement floors to bring colour and pattern without a rug. Spill some food or drink? It wipes up easily. And if the painted floor gets worn as the summer wears on, no problem. A faded patina adds to the charm.

### THE STURDIEST ACCESSORIES

Like outdoor fabrics, plastic dinnerware has come a long way in recent years. Burnham has found chic Suzani-print plates that are "fabulous. You'd never imagine they were plastic."

For durable seating, Burnham says L.L. Bean's basic rocking chairs have a classic style and are built to last.

### THE SOFTEST LIGHTING

In the evening, you can raise the style quotient of your porch or sunroom by using warm, flattering light. "Hanging lighting is a very interesting way to dress up your porch," Burnham says, "and there are certain kinds of fixtures that you can use safely outside." Look for ones that are "wet-rated," meaning they're safe even in rain.

THE ASSOCIATED PRESS

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# Naturally sweeten your diet with Medjool dates

## This pasta mixes sweet and savoury with dates, feta cheese & spinach

THE CANADIAN PRESS HO

The dates used in this pasta are full of fibre, potassium and magnesium.

## DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

A combination of sweet and savoury makes this Medjool Date-Nut Pasta tasty and adds a different twist to your dinner table.

With fresh spinach and salty feta, the sweet tender dates are the perfect addition to the fettuccine.

Registered dietitian Bridget Davidson says Medjool dates, with their fibre, potassium and magnesium, are an excellent addition to the diet. They are fat- and sodium-free and a serving of two dates contains 140 calories.

"They are also an excellent source of polyphenols, which can ... help to reduce some risks of some free radicals. Free radicals can cause cancer. So dates ... are one of several fruits and vegetables that can certainly add to that high level of antioxidants which we need," Davidson said.

### Preparation:

1. In large bowl, combine spinach, feta, dates and walnuts; set aside.
2. In bowl, whisk together oil and lemon juice. Drizzle over spinach mix and toss to coat evenly.
3. Garlic Breadcrumbs: In skillet, heat oil over medium heat and cook garlic for 30 seconds; remove. Add breadcrumbs and cook, stirring until browned. Set aside.
4. Meanwhile, in large pot of boiling water, cook pasta for about 10 minutes or until tender but firm. Drain and return to pot. Add spinach mixture to pasta and toss to combine well. Divide among 6 plates and sprinkle with toasted breadcrumbs.

THE CANADIAN PRESS/ BARD VALLEY MEDJOOL DATE GROWERS ASSOCIATION

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOK.CA.

### Ingredients:

- 10 cups (2.5 L) spinach leaves, coarsely chopped
- 8 oz (250 g) feta cheese
- 1/2 cup (125 mL) pitted and chopped Medjool dates
- 1/2 cup (125 mL) chopped walnuts, toasted
- 1/3 cup (75 mL) olive oil
- 2 tbsp (30 mL) lemon juice
- 1 lb (500 g) fettuccine
- Salt and d black pepper

**Garlic Breadcrumbs**

- 1 tbsp (15 mL) olive oil
- 1 clove garlic, sliced
- 1 cup (250 mL) fresh breadcrumbs

THE CANADIAN PRESS HO

## Chicken & Crispy Wonton Salad

### Preparation:

1. In skillet, heat canola oil and fry wontons over high heat until crisp and golden, turning once. Drain on absorbent paper.
2. Dressing: In bowl, whisk lime juice and zest, soy sauce, brown sugar, sesame oil, shallots and sesame seeds. Mix chicken with half of the dressing; set aside. In bowl, toss basil, mint and cilantro with arugula.
3. To assemble salad: Divide arugula and herb mixture among 4 plates. Top with a crispy wonton, some chicken, slivers of red pepper and 5 ml (1 tsp) of the dressing. Add another layer of crispy wonton, chicken, red pepper and another 10 ml (2 tsp) of the dressing. Garnish salad stacks with green onion, peanuts, sesame seeds and a sprig of fresh basil.

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### Ingredients:

- 2 chicken breasts, skinless, bone-in, roasted and diced
- 250 ml (1 cup) canola oil
- 8 wonton wrappers
- 50 ml plus 30 ml (1/4 cup plus 2 tbsp) lime juice
- 10 ml (2 tsp) lime zest
- 15 ml plus 10 ml (1 tbsp plus 2 tsp) soy sauce
- 30 ml (2 tbsp) brown sugar, packed
- 15 ml (1 tbsp) sesame oil
- 30 ml (2 tbsp) finely minced shallots
- 15 ml (1 tbsp) sesame seeds, plus for garnish
- 125 ml (1/2 cup) basil leaves, minced
- 125 ml (1/2 cup) mint leaves, minced
- 125 ml (1/2 cup) cilantro leaves, minced
- 1.5 l (6 cups) arugula (rocket)
- 1 red pepper, cut into slivers
- 125 ml (1/2 cup) chopped green onions
- 50 ml (1/4 cup) chopped peanuts
- 4 sprigs basil

# From TV screens to bookstores

Kary Osmond knows her way around the kitchen and has been familiar with culinary undertakings since she was six.

"I helped in my parents' Ukrainian deli in Mississauga (west of Toronto), getting platters ready for banquets and other events," says the 32-year-old host of CBC TV's show Best Recipes Ever, which airs weekdays at 3 p.m.

It's a gig Osmond has aspired to for years. She always dreamed of having a cooking school or show.

After graduating from the chef's program at Toronto's George Brown College, she landed a position at a restaurant.

In her spare time, she was an avid viewer of the Food Network Canada and Canadian Living Cooks.

So it was fortuitous that she would be chosen for Best Recipes Ever, because, coincidentally, Osmond takes advantage of Canadian Living Magazine's vault of recipes and mealtime solutions on the show.

Busy home cooks can now also find many of those same recipes in one collection entitled Best Recipes Ever: Easy, Affordable, Healthy Meal Solutions for Everyday Occasions (Transcontinental Books, $29.95, paperback).

It showcases all of the recipes featured on the show's first and second seasons.

Here is a recipe for halibut curry from the book. It is one of Osmond's favourites. It comes together quickly and is elegant enough for dinner guests.

### Preparation:

1. Remove skin (if any) from halibut; cut fish into 4-cm (1 1/2-inch) cubes. Set aside.
2. In a large skillet, heat oil over medium heat; cook onion, garlic, curry paste, ginger, jalapeno (if using), coriander, salt and turmeric, stirring occasionally until onion is softened, about 6 minutes. Add spinach; cook, stirring, until wilted about 2 minutes.
3. Stir in tomatoes and 250 ml (1 cup) water; bring to a boil. Add fish; reduce heat and simmer, stirring occasionally, until fish flakes easily when tested, about 8 minutes. Stir in lemon juice.

THE CANADIAN PRESS

### Ingredients:

- 750 g (1 1/2 lb) halibut (or other firm-fleshed white fish)
- 30 ml (2 tbsp) vegetable oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 30 ml (2 tbsp) mild curry paste
- 15 ml (1 tbsp) minced ginger root
- Half jalapeno pepper (optional), minced
- 5 ml (1 tsp) ground coriander
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground turmeric
- 1 l (4 cups) baby spinach (about a 170 g bag)
- 175 ml (3/4 cup) canned crushed tomatoes

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▶ Canadian skip Jeff Stoughton, centre, celebrates his team's win over Czech Republic with third Jonathan Mead, left to right, lead Steve Gould and second Reid Carruthers yesterday.

THE CANADIAN PRESS

## Stoughton's 9-0 rink in ideal spot with playoffs on horizon

**Canada's Jeff Stoughton secured a playoff berth and a top-two finish in the preliminary round at the Ford World Curling Championship in Regina yesterday. Victories over Sweden and the Czech Republic put Canada at 9-0 with four draws remaining in the preliminary round. Stoughton's Winnipeg team remained the only unbeaten country in the 12-team field.**
**Canada downed Sweden's Niklas Edin 10-6 after beating Jiri Snitil of the Czech Republic 9-4. The No. 1 and No. 2 meet tomorrow with the winner advancing directly to Sunday's final.**

**Quoted**

**"Although there is a lot of recovery and healing to take place, I am very optimistic for a good outcome."**
INJURED VANCOUVER CANUCKS CENTRE MANNY MALHOTRA IN A STATEMENT RELEASED BY THE TEAM YESTERDAY. THE 30-YEAR-OLD HAS UNDERGONE TWO SURGERIES AFTER BEING HIT IN THE LEFT EYE BY A PUCK MARCH 16.

# Bombers out of red

### Winnipeg team is posting profits despite missing CFL playoffs for the past two years

The Winnipeg Blue Bombers were losers on the football field last season, but not on the balance sheet.

President Jim Bell announced yesterday the CFL club made a net profit of $409,191 last year despite posting a league-worst 4-14 record and missing the playoffs under new head coach Paul LaPolice.

"We're very, very pleased," Bell said. "It allows us to put 2010 into the history books in a positive way.

**"We were very, very close to 90 per cent capacity for the 2010 season."**
BLUE BOMBERS PRESIDENT JIM BELL

"Again, we didn't have a tremendous record on the field, but when we can turn in a profit in a year where we didn't enjoy the success on the field, we know that we have upside going into 2011 and we look forward to building upon it."

The bottom line was a big turnaround from 2009, when the club lost $1.2 million. That included $981,950 paid out in severance costs after former head coach Mike Kelly was fired following a 7-11 season that saw the club also miss the CFL playoffs.

Kelly was reportedly paid out $160,000. The club also forked out money after dismissing the majority of his assistant coaches and former director of player personnel John Murphy. It also finished paying off former head coach Doug Berry, whom Kelly replaced, and had changes to some front-office staff that were part of those severance costs.

Bell gave three "key" reasons for the 2010 profit: fan support, revenues from concerts held at Canad Inns Stadium and cost control on operations.
THE CANADIAN PRESS

**New stadium**

**Bombers president Jim Bell said the team is in a "healthy position" ahead of moving into a new stadium in 2012.**

- **The club** has to repay $85 million in loans over 40 years as part of the stadium agreement.
- **Bell noted** there will be significant revenue coming in from naming rights and corporate suites.

# Bonds' defence calls no witnesses to the stand

Barry Bonds' confident defence team rested its case yesterday without calling a single witness, just minutes after a federal judge accepted the government's request to dismiss one of the five counts against the home run king.

Prosecutors called 25 witnesses over 2½ weeks, but the defence needed just one minute to present its side.

Once indicted on as many as 15 counts, the all-time homes runs leader will face just four charges when the jury starts deliberations.

A decision could come as early as tomorrow.
THE ASSOCIATED PRESS

# Colangelo refutes Knicks rumours

Toronto Raptors general manager Bryan Colangelo scoffed at the idea yesterday that he could be heading to New York when his contract expires June 30. He said his "preference is to complete" the rebuilding plan in Toronto.

A New York Post article suggested he would be the perfect replacement for Knicks president Donnie Walsh. THE CANADIAN PRESS

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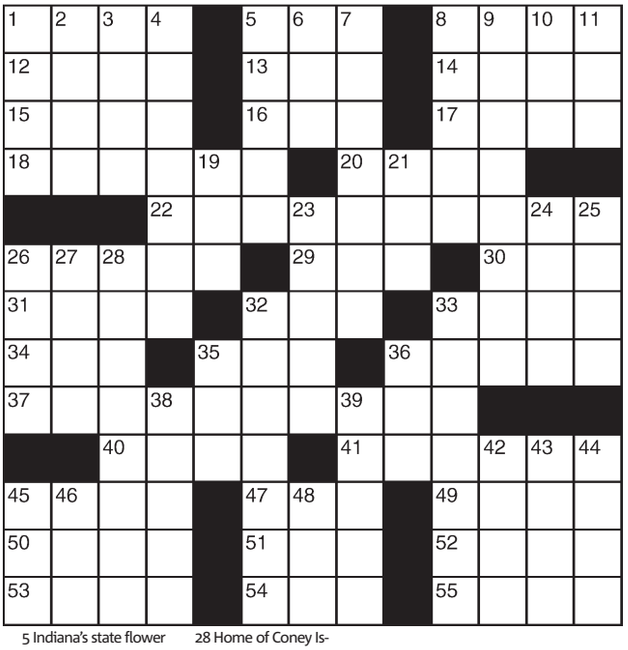

**Across**

1 Glaswegian girl
5 Without delay
8 Dumbfounds
12 Touch
13 — de Cologne
14 Infamous lyre player
15 Swerve
16 Harem room
17 Rainout cover
18 Reach
20 Ocean-going vessel
22 Scram
26 Turkic tongue
29 Mystery author Stout
30 Hoopsters' org.
31 Evergreens
32 Blossom-to-be
33 Londoner or Liverpudlian
34 Lennon's lady
35 "Holy cow!"
36 19th president
37 Eagles' assembly?
40 Recognize
41 Gave the same old story
45 Puncturing tools
47 Early bird?
49 Concept
50 Sauce source
51 Bambi's aunt
52 Really move
53 Shetland —
54 Sister
55 Sea flier

**Down**

1 Volcano outflow
2 Help a hood
3 Fat
4 Shoots from a plane
5 Indiana's state flower
6 Old man
7 Suppressed completely
8 Bit of tomfoolery
9 Arms
10 Blunder
11 Bribe
19 Sort
21 Whammy
23 "— words were never spoken"
24 Stage statuette
25 Butter servings
26 Venusian vessels?
27 Galvanizing stuff
28 Home of Coney Island
32 Intermediate to
33 Christen
35 Bygone muscle car
36 Weeding tool
38 Recant
39 Spleen or pancreas
42 Smell
43 Ponce de —
44 Knighted woman
45 Cleopatra's slayer
46 Court
48 Serengeti beast

▶ Yesterday's answer

## Sudoku

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

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*Binko,*
*Im truly sorry for everything that has happened. I love you and you love me so lets work together to be the best we can be.*
**LOVE YOU PRECIOUS BINKA**

*Donkey,*
*Happy 27th Birthday and all the best to you on ur special day <3 I can't wait to spoil u with all the surprises I have planned & make ur day a super sexy time :D*
*I love u more with each passing day & can't wait 2 share many more of ur birthdays celebrating together xoxo*
**LOVE, LITTLE DONKEY**

## A look at the weather

| TODAY | FRIDAY | SATURDAY |
|---|---|---|
| Min -6° | Min 4° | Min 3° |
| Max 6° | Max 11° | Max 10° |

BT BREAKFAST TELEVISION

**Jenna Khan, Weather Specialist**
*"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning."* **WEEKDAYS 6AM**

## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20** Put other people's needs ahead of your own today and be happy to do so. Self-sacrifice is good.

**♉ Taurus April 21-May 21** You have a talent for getting people to work together. It is a talent that will come in use.

**♊ Gemini May 22-June 21** Someone wiser will take you under his or her wing.

**♋ Cancer June 22-July 22** Someone you have clashed with is growing on you. In time, you two may become friends.

**♌ Leo July 23-Aug.23** A money matter that has been causing you problems will be resolved.

**♍ Virgo Aug. 24- Sept. 22** An important relationship may have been a bit strained. With love, it will be easy make up.

**♎ Libra Sept. 23-Oct. 23** Focus on reality and don't waste your precious time on wishful thinking. Be practical.

**♏ Scorpio Oct. 24-Nov. 22** Creatively and romantically, this should be a good day but there's also some doubt.

**♐ Sagittarius Nov. 23-Dec. 21** Spend time with people you are close to emotionally.

**♑ Capricorn Dec. 22-Jan. 20** You want to have fun, but duty is holding you back. Something needs to be done first.

**♒ Aquarius Jan. 21-Feb. 18** You may have big ideas and big plans but how are you going to finance them?

**♓ Pisces Feb. 19-March 20.** Get urgent tasks out of the way first — after that the day is your own. **SALLY BROMPTON**

## Caption contest

KERSTIN JOENSSON/ THE ASSOCIATED PRESS

JAROSLAV PODHORSKY

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